

Coping with stress through resilience

Student Health & Wellbeing Service
Newcastle University



From Newcastle. **For the world.**

Aims of session

In light of the current situation.....

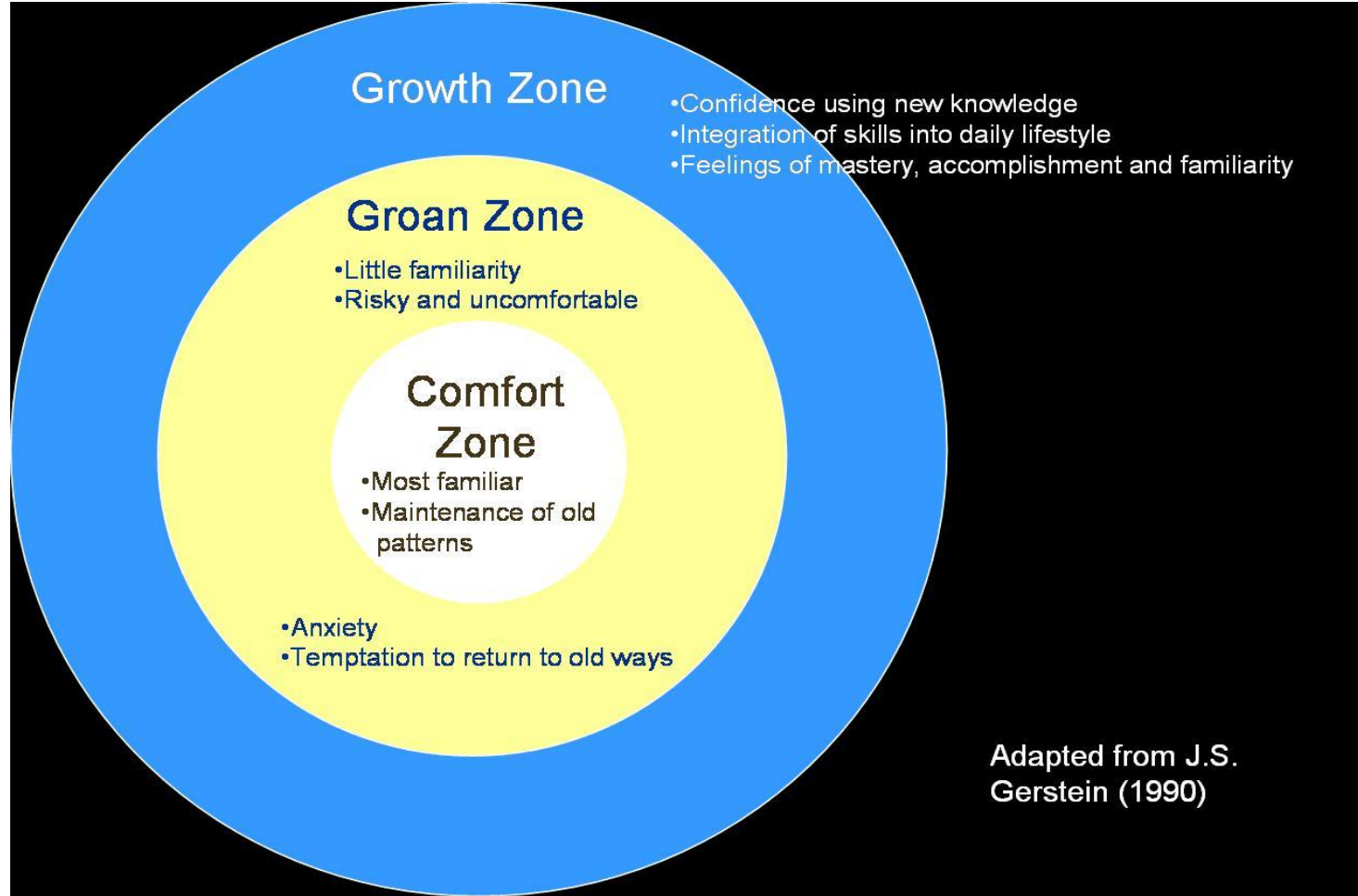
Acknowledge unique nature of student life

Identify stress triggers & early warning signs

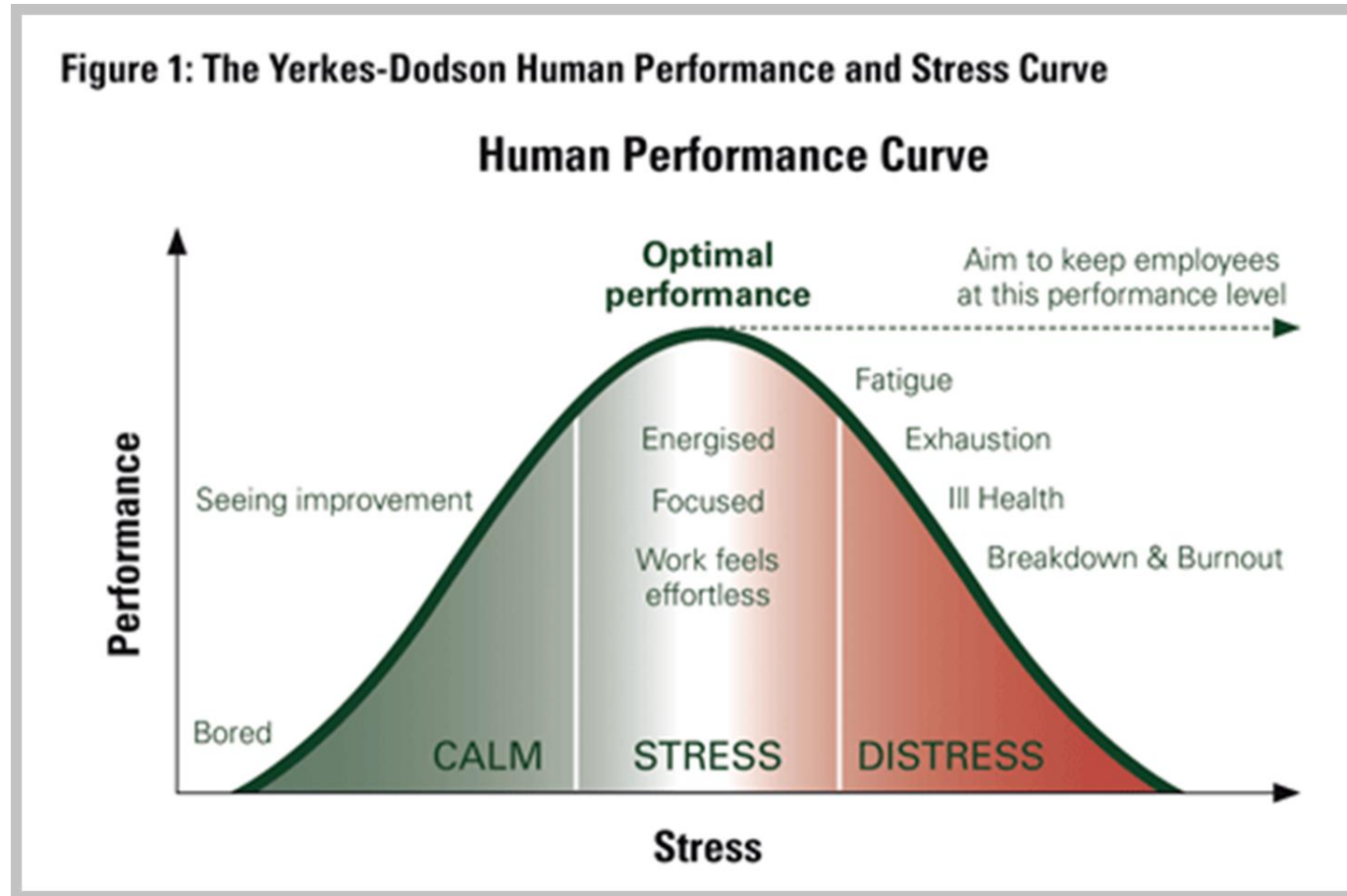
Identify strategies to help build resilience

Useful contacts

Moving out of our comfort zone



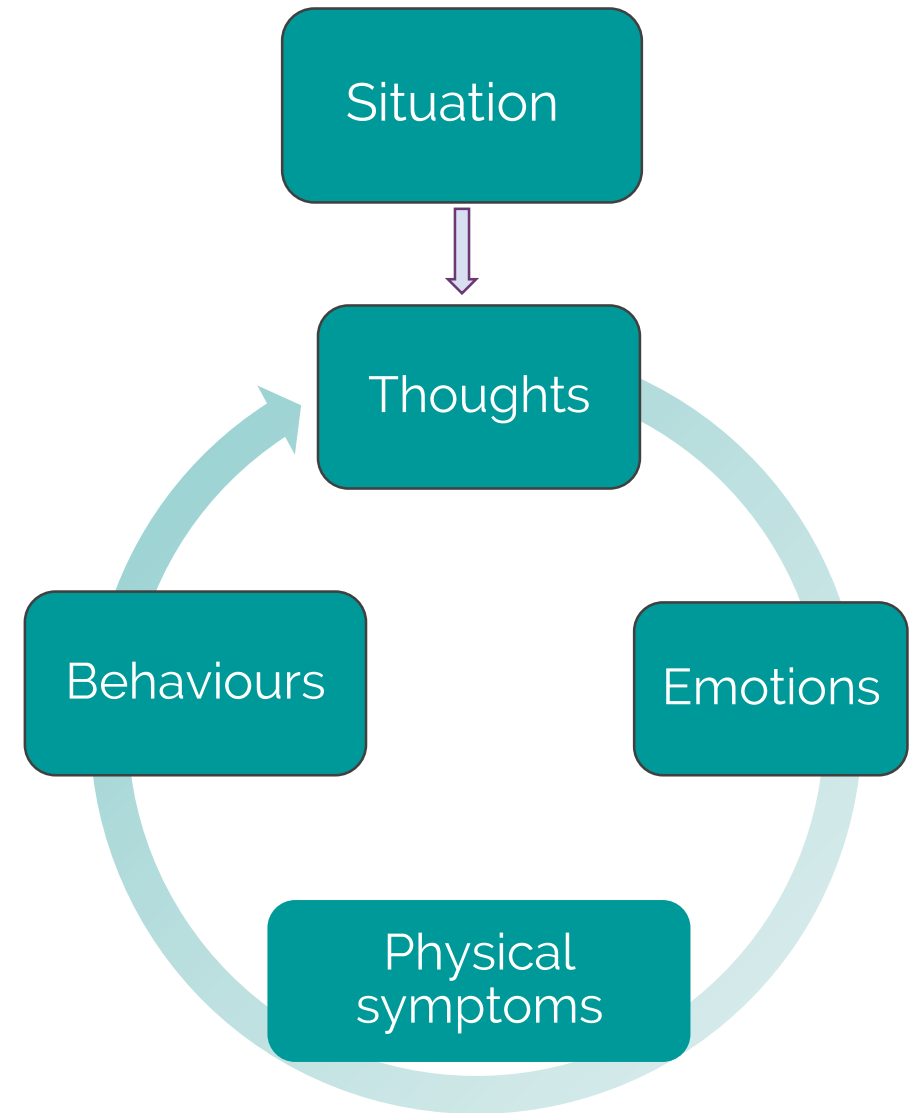
Stress v Distress



Reflection

What symptoms would alter you to the fact you or a friend were moving from feeling sufficiently challenged to feeling more distressed?

If someone was struggling, how would it show in the context of the following diagram



**Strategies
to help build resilience**

Unhelpful Thinking Habits

These habits may always be under the surface.
At times of stress they may influence how we feel and what we do.

Mental Filter	Judgements
Prediction	Emotional Reasoning
Mind Reading	Mountains & Molehills
Compare & Despair	Catastrophizing
Critical	Black & White
Should's & Must's	Memories

Thought challenging

What am I feeling?	What am I thinking? What unhelpful thinking habit am I falling into?	Is there another way of thinking about it that is more helpful / balanced / realistic?

3 components of stress:

- How demanding our current situation is (external)
- What we tell ourselves about the situation (internal)
- How able and resourced we think and feel we are to cope with these demands.

They normally come in the form of:

- Change
- Uncertainty
- Relationships

The more demands are placed upon us, the more we need to draw on our resources to help us cope

Resources

Environmental (accommodation, green spaces)

Social (close ties with friends, family, other supporter)

Financial (steady income, savings)

Personal (personal strengths)

Use your resources to deal with challenges and combat stress.

Emotions

What you feel is valid

Even if this is different to others

Key to managing emotions is...

Acknowledging them

Accept / normalise e.g. are we out of our comfort zone

Consider is this emotion in proportion – if not, do we need to reframe our thoughts?

Structure & Routine

Setting yourself a “normal working day” structure can be helpful in regulating yourself.

Consider your working environment. You may have to accept it is not ideal.

How do you maintain contact with others to tackle isolation and loneliness.

Time Management - The 4D Matrix

Make sure you are setting and prioritising tasks effectively and not taking on more responsibility than you should.

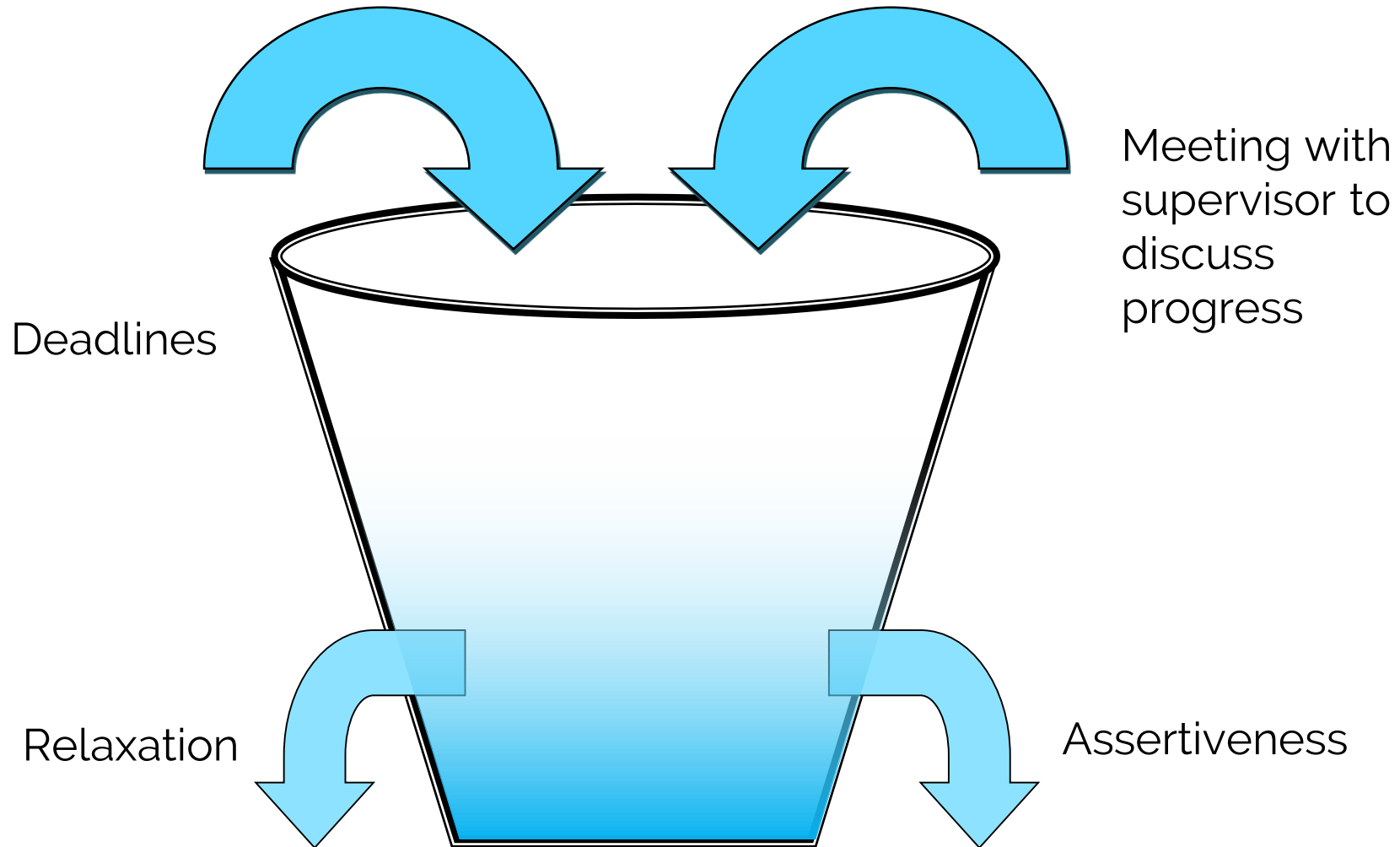
Be realistic what is achievable in these times.

Have regular breaks when you are working

Challenge procrastination

DO (now)	DIARY (later)
DELEGATE (Others)	DUMP (not important)

The Stress Bucket- the need for balance





Reflection

In the context of the “**Resilience Wheel**”, what do you do already that might help boost your resilience?

Recap

Accept by the very nature of studying at University you will be moving out of your comfort zone.

Notice what components of stress are affecting you.

Notice any unhelpful thinking habits and try to reframe them.

A key indicator could be “Am I demonstrating the appropriate response at the appropriate time?”

Have you stopped certain activities (e.g. taking regular exercise, contacting friends less) and started others (drinking more, working longer hours).

Plan ahead. What challenges can you envisage. What can you do to take some control / problem solve.

It's okay to ask for help and seek support.

Wellness Action Plan

Identify triggers and early warning signs of stress.

Identify reminders and resources that keep you well.

Useful Contacts and Links

Student Health & Wellbeing Service
www.ncl.ac.uk/students/wellbeing

On-line CBT Silvercloud
<https://www.ncl.ac.uk/wellbeing/mentalandphysicalwellbeing/online-cbt/>



<https://www.copingwithcoronavirus.co.uk/index.html>

Headspace – Meditation & Sleep



HEADSPACE®

Worry time



Stop, Breath & Think



Calm

